



Rides Supplement March 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

21st March	Host - David & Geraldine Powell
18th April	Host - Graham Ellis
16th May	Host - Julia Blunden
20th June	Host - Bruce & Yvonne Dite
18th July	Host - TBA
23rd July	Bi-Annual Dinner – Riversdale Hotel – Hawthorn – Convenor Elva
15th August	Host - TBA
19th September	Host - TBA
17th October	Host - Jack Simpson
21st November	Host - David & Geraldine Powell
26th November	Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.

Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillsnc.org.au ; www.surreyhillsnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 60km).

- We generally meet at **10am** at the 'Place to meet' (see below). When meeting at Flinders St. station, meet at the info centre on the main concourse. The train times shown are current as at January 2010.

Please check them the day before. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the rides along the way (we will travel in the last carriage of the train) or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
March 10 th	Footbridge in Southbank, MEL 2F F7	<i>Ride to Werribee</i> - along the coastal trails and Point Cook National Park. Return to city by train. ~ 50km. Or we may do the reverse depending on wind direction.	Med
March 17 th	Footbridge in Southbank, MEL 2F F7	Short ride – Port Melbourne Rail Trail, Elwood Canal and return to city via Albert Park. ~20km. A visit to Ripponlea will be included, with the option of lunch.	Easy
March 24 th	Flinders St. station MEL 2F G6 Hurstbridge line ~ 9.16am arrive 9.48am	<i>Ride from Heidelberg station to Carrum</i> - Ride the Main Yarra , Koonung Creek , EastLink , Dandenong Creek trails to Carrum. ~60 km. Train return to city.	Med
March 31 st		No ride	
April 7 th	Flinders St. station MEL 2F G6 Hurstbridge line	Short ride – train to Heidelberg and return to city	Easy
April 14 th	Flinders St. station MEL 2F G6 Hurstbridge line ~ 9.16am arrive 9.48am	<i>From Heidelberg station, Mill Park Lakes tour</i> . North through Watsonia to Plenty Rd path, Mill Park streets to Lakes. West via O'herns Rd to Hume Trail, then Ring Rd, Reservoir streets, Darebin Ck Trail to finish at Alphington station. ~60 km	Med
April 21 st	Flinders St. station MEL 2F G6	Short ride – train to Jacana and return to city via Moonee Ponds trail ~ 20km	Easy
April 28 th	Flinders St. station MEL 2F G6 Lilydale line ~ 9.07am arrive 10.03am	Kinglake ride. We will visit the area and support the community. A road ride, some unsealed ~ 60km. Return via Hurstbridge station.	Hard
May 5 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	Short ride – Gardiner creek and Anniversary trail circuit ~ 30km.	Easy
May 12 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	<i>A circuit of the city ~ 70km.</i> Ride the Gardiner & Scotchman's creek trails to Jells Park, then the Eastlink, Koonung creek and Main Yarra trails to return to start.	Med.
May 19 th	St. Kevin's boathouse, MEL 59 B1	Short ride – Main Yarra and Anniversary trail circuit ~ 25km	Easy
May 26 th	St. Kevin's boathouse Yarra Boulevard, MEL 59 B1	The 'Ed and Alan' bike and road tour to Carrum and return by train to city ~ 50km	Med

June 2 nd	Flinders St. station MEL 2F G6	Short ride – train to Glen Waverley station and return to city by Waverley rail trail ~ 20km.	Easy
June 9 th	Flinders St. station MEL 2F G6 Belgrave line ~ 9.50am arrive at 10.28am	<i>Heatherdale Station to Docklands</i> - using the Eastlink, Koonung Creek and Main Yarra trails ~ 50km.	Med
June 16 th	Flinders St. station MEL 2F G6	Short ride – Coburg and return via the Upfield rail trail ~ 20km.	Easy
June 23 rd	Footbridge in Southbank, MEL 2F F7	Ride the Main Yarra and Plenty river trails to the Ring road to Dalton rd. Then across country to the Hume trail. Return to city via the Merri creek trail ~ 60km.	Med
June 30 th		No ride	

Whitehorse Cyclists Inc

Last updated 13 February 2010

Date	Destination	Description	Distance and grade	Leader Contact
How to repair your bike tube				
Notes from the class by Jacques and David Hall on 25/2/2010.				
Sat 06/03/10 to Mon 08/03/10	Wangaratta BUG 2010 March Weekend	Three days riding in Wangaratta area conducted by Wangaratta BUG Contact: colinsa@bigpond.net.au	130 E/M/H	Info from Maureen A 0411 223 429
Sun 07/03 9:30 am	Easy Sunday Wellington Village	Dandenong Creek Tr, Churchill National Park , (M) Wellington Village , Scoresby Some hills and 1.5km rough track	25 E/M	Keith M 9875 5805
Sun 07/03 9:00 am	North East Ride	Ringwood, Ringwood Lake, Heathmont, Bayswater, (M)Ferntree Gully, Knox S/C, Dandenong Creek Tr, Eastlink Tr, Mitcham	45/50 E/M	George C 9878 0293
Tue 09/03 9:30 am	Easy Tuesday Coffee in the Gully	Dandenong Creek Tr, Wantirna South, Stud Rd, Ferny Creek Tr, (M)Upper Ferntree Gully, Boronia, Bayswater One or two minor undulations!	32 E	David Y 9884 8037 0401 013 395
Tue 09/03 9:00 am	Medium Tuesday Templestowe and Bundoora	Ruffey Lake Park , Templestowe, (M)Melissa's Café, Banyule, Macleod, Bundoora, St Georges Rd	40 M	Bruce D 9852 1921
Tue 09/03 10:00 am	Hard Tuesday Frankston-Sorrento	Frankston, Dromana, Rye , Blairgowrie, Sorrento	65/70 M/H	Abdy S 0413 327 650
Tue 09/03 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting		Mike W 9509 1290
Thu 11/03 9:30 am	Thursday BBQ Lunch Ride	Anniversary Tr, Gardiners Creek Tr, (M)Toorak option, Como , (B)Richmond (L)Yarra Bank, Port Melbourne, (B)Elsternwick, Rosstown Tr	50 M	Jan W 9509 1290 0408 527 220
Thu 11/03 9:30 am	Easy Thursday BBQ Lunch Ride	Gardiners Creek Tr, East Malvern, Rosstown Tr, (M)Gardenvale, Bayside Path, Albert Park, Southbank, (L)Yarra Bank, (F)Richmond	32 E	Loreto B 9808 0412 289 236
Sun 14/03 9.30am	Beginners' Ride	Meet at: Hays Paddock Ride: Outer Circle Track, East Camberwell (M) Malling Rd Surrey Hills, Gawler Chain, Koonung Track, two hills	18	Keith Maytum 9857 5805
Sun 14/03 9:30 am	Eltham	Koonung Tr, Donvale, Mullum Mullum Creek Tr, Main Yarra Tr, (M)Eltham, Research,	40 E	Pat M 9898 0415

		Aqueduct Tr, Diamond Creek Tr, Eltham, Westerfolds Park, Heidelberg		
Tue 16/03 9:30 am	Easy Tuesday Eastern Burbs Ramble	Dandenong Creek Tr, The Basin, Upper Ferntree Gully, (M)Ferntree Gully, Blind Creek path, Knox SC, Stud Rd, Dandenong Creek Tr	30 E	Pam F 9725 4148 0409 188 644
Tue 16/03 9:00 am	Medium Tuesday Warrandyte	Koonung Tr, Mullum Mullum Creek Tr, Main Yarra Tr, (M)Warrandyte, Westerfolds Park, Ruffey Lake	40 M	Marion H 9841 7141 0400 521 926
Tue 16/03 9:00 am	Hard Tuesday Monbulk	Ringwood, Croydon, Mt Evelyn, Monbulk, Olinda , The Basin	80 H	Charlie S 9894 3244
Thu 18/03 9:45 am	Thursday Braeside	Southbank, Port Melbourne, (M)(B)Sandringham,, (L) Braeside Park , (B) Sandown Park RS, (F) Blackburn Lake NB: Later start to allow off-peak train to Richmond	65 M	Peter L 9842 5193
Thu 18/03 9:00 am	Easy Thursday Docklands	Gardiners Creek Tr, Main Yarra Tr, (M)Docklands NB Early start	35 E	David M 9885 7673
Sun 21/03 9:30 am	Easy Sunday Warburton	Meet at Woori Yallock at Warburton Trail 286 E10 Ride Warburton Trail, (M)Warburton Bakery	32 E	Keith M 9875 5805
Sun 21/03 9:00 am	Studley Park	Kew, (M) Fairfield , Studley Park , Alphington, Ivanhoe	37 E	Bruce D 9852 1921 0419 474 948
Mon 22/03/10 to Fri 26/03/10	Blairgowrie- Sorrento Autumn Break	Day rides visiting Mornington and Bellarine Peninsula attractions Reservations to Bruce by email: eastons@bigpond.net.au	200 E/M	Bruce E 9848 4804
Tue 23/03 9:30 am	Easy Tuesday Northcote	Koonung Tr, Main Yarra Tr, Fairfield , (M)Northcote, Westgarth, Alphington	30+ E	Chris W 9882 2604
Tue 23/03 9:00 am	Hard Tuesday Training Ride for NSW 2010 Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Main Yarra Tr	92 M/H	Barry McC 9848 1154
Thu 25/03 9:30 am	Thursday Elwood	Burwood, (M)Oakleigh, Rosstown Tr, (L)Elwood, Beaconsfield Pde, Albert Park, Domain Rd, Anderson St, (B)Richmond Main Yarra Tr, Gardiners Creek Tr	60 M	Max Greenall 9899 9556
Sun 28/03 9:30 am	Beginners' Ride Bayswater	Meet at Schwerkolt Cottage Melway 49 D7 Ride (M)Heatherdale, (B)Bayswater, Dandenong Creek Tr, Eastlink Path	22 E/M	Keith M 9857 5805
Sun 28/03 9:00 am	A Peachy Ride	Warburton Rail Trail, Woori Yallock, Warburton Hwy, Lusatia Park Rd, Schoolhouse Rd, (M)Rayners Peach Orchard (Peach and blueberry pie a specialty) (Short unsealed section to/from orchard)	40 M	Marion H 9841 7141 0400 521 926
Tue 30/03 9:30 am	Easy Tuesday Mystery Ride	Guess!	30 E	Mike T 9859 3647 0407 045 217
Tue 30/03 9:00 am	Hard Tuesday Woodlands Homestead	Main Yarra Tr, Clifton Hill, Moonee Ponds Tr, Woodlands Homestead, Tullamarine Airport, Metropolitan Ring Road Path, Merri Creek Tr	120 M/H	Charlie S 9894 3244
Thu 01/04 9:30 am	Thursday	?	?	Barry McC 9848 1154
Thu-Mon 01-05/04	South Gippsland Easter Getaway	Three one day rides to Meeniyan (via Rail Trail), Port Franklin/Port Albert and Waratah/Sandy Bays. Caravan park cabin accom at Foster.	220 M	Anna V, Mike McN 9830 4195

		Details in Jan newsletter, reservations and \$50 deposit to Anna or Mike carinda@iinet.net.au		
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Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.**

Note: rides may be varied to suit conditions, eg. if the temperature is forecast to exceed 35 degrees.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at <http://www.vicnet.net.au/~banylbug>.**

HarderRide: every **Tuesday and Sunday 9.00am**. BYO morning tea. Check program below.

March	Ride/Event	Description	Leader
Tue 2	“Riders’ Choice”	Rider who suggests is leader (Super Tuesday - bike counters needed to raise money for the BUG)	
Sun 7	“Riders’ Choice”	Rider who suggests is leader, otherwise by agreement (Long weekend)	
Tue 9	<i>Boeing Reserve</i> 53 km	Out by Darebin Ck Trail (H2 to Waiora Rd), Cheddar Rd path, Ring Rd, Moonee Ponds Ck Trail to break at Boeing Res. Continue down creek, then Pascoe Vale streets to Merri Ck Trail, Thornbury streets.	Robert R/ 9439 1078
Sun 14	<i>Currawong Park</i> 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Lou B/ 9459 6887
Tue 16	<i>Williamstown (fish & chip option)</i> 65 km plus 20 km option	Wilson reserve, Rushall station, Capital City and Footscray Rd trails, return same. Option to ride from Williamstown to Altona via waterfront and return to Williamstown for lunchtime fish and chip stop.	Maurie A/ 0409 186082
Sun 21	<i>Broadmeadows</i> 50 km.	Out and back to Roper Reserve by Ring Road.	Richard B/ 9459 8648
Tue 23	<i>Hampton</i> 70 km	Out by city, port and Bay Trail. Break at Brighton or Hampton beach. Return by streets and Anniversary Trail (H1). Train return convenient from Hampton or Brighton Beach.	Les D/ 9459 2701
Sun 28	“Riders’ Choice”	Rider who suggests is leader, (Banyule festival – (BUG providing Supervised Bicycle Parking))	
Tue 30	<i>Bundoora Park</i> 40 km	Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). Return by Darebin Ck Trail, Wilson's Reserve.	Alan P/ 9435 9421

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Melbourne Bicycle Touring Club

Ride and Club Night Programme

March			
Thu 04 Mar	Yemen by Geoff Sutter		Edmund
W/E 06-08 Mar	Bendigo Weekend Base Camp	Various	Paul
Sun 07 Mar	Gisborne to Bacchus Marsh	39 km: medium	Edmund
Thu 11 Mar	MAD Ride Briefing		David
W/E 13-14 Mar	Phillip Island & Wonthaggi to & from Frankston	150km medium	Peter B
Sat 13 Mar	Hurstbridge loop via Strathewen	50km med-hard	Geoff S
Sun 14 Mar	Werribee to Lara via the You Yangs	50km medium	John Hughes
Mon 15 Mar	Club Lunch: Gopal's delicious Vegetarian Restaurant, CBD		Norm
Thu 18 Mar	Trip Planning		Paul
Sat 20 Mar	Bike trails of the eastern suburbs	70km medium	Rob B
W/E 20-21 Mar	Colac to The Pines	120km medium	Glenn
Thu 25 Mar	Writing short stories for Spokenotes		Edmund
Sat 27 Mar	MAD Ride preparation		
Sun 28 Mar	MAD Ride: all hands on deck at Woodend		
April			
Thu 1 Apr	First Aid for Cyclists (to be confirmed)		Di
Easter 2-5 Apr	Bendigo to Ballarat	Med 250km	Glenn
W/E 10-11 Apr	Rosedale to Licola & return	150km med-hard	Rob B
Sat 10 Apr	Gentle amble from Murrumbeena Station back to the city via the Urban Forrest, Dairy Bell Ice Cream factory	Easy 25km	Norm
Sun 11	Castlemaine-Maldon loop	60km	Peter B

Apr		medium	
Mon 12 Apr	Club Lunch: Casino Food Court South Bank		Norm

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au> R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social
E = Easy / M = Medium / H = Hard / Soc = Social

Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
MAR							
Sat 6 & Sun 7	Falls Creek Weekend	M	TBC	M	Lloyd	Y	mapman@bigpond.net.au
Sat 13							
Sun 14							
Sat 20							
Sun 21	Broadford-Negambie-Seymour	Any	TBC		Nick	Y	nick@spraynozzle.com.au 0417 506 493
Sun 28 Mar-Mon 5 Apr	Victorian High Country (Supported Camping Trip)	Any	600	M	Sing	Y	0427 192 572

Sun 29	MAD Ride — Melbourne Bicycle Touring Club	Any	60/65/120	*	Non- YHA Ride	*	http://home.vicnet.net.au/~mbtc/madindex.html
APR							
Sat 17 & Sun 18	Forrest Weekend Ride (Forrest - 2.5 hours SW of Melbourne)	M	TBC	TBC	Rob	Y	Robert.Shaw@influenzacentre.org
MAY							
Sat 15	Ballarat to Hepburn	Any	TBC	TBC	Nick	Y	nick@spraynozzle.com.au 0417 506 493